

ABSTRACT

Provided is a composition which includes: one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from the group consisting of docosahexaenoic acid, docosapentaenoic acid and eicosapentaenoic acid; and α -linolenic acid and/or an oil comprising α -linolenic acid. The composition exhibits enhanced systemic absorption of n-3 polyunsaturated fatty acids into blood and tissue, and is therefore useful as a therapeutic agent for improving circulatory function and central nervous function.